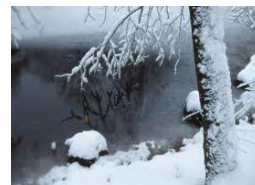




Senior Connection

Carlisle Council On Aging Serving Carlisle's Senior Community
66 Westford Street, Carlisle, MA 01741

December 2010



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director's Desk...

I love this time of year! People have a song in their hearts, and good will for each other. If you know me at all, you might know that I wake up singing most mornings; at this time of the year, it feels like everyone is! Get out that favorite music of yours, and let it lift your mood. I look forward to seeing you all at the Robbin's Brook/Minuteman Luncheon, where we will sing along with Reverend Weibley, and the Luncheon on the 16th with entertainment from Carlisle's Middle School Concert band. Join us in supporting the spirit of charity in our young Girl Scouts as they bring Carols and Cookies to share with us on the 16th at Village Court.

"As long as we live, there is never enough singing." ~Martin Luther

Joy and Peace to you all, ~Debi

COA ANNUAL HOLIDAY DINNER

Thursday, December 16, at 11:45am at FRS Union Hall

This is a popular luncheon so sign up as soon as you can. A delicious ham dinner will be followed by Carlisle's own Middle School Concert Band students, directed by Kevin Maier. We will hear select members of the Concert Band perform musical selections of different genres. Come hear these amazing young performers! Also, Santa "Nick" Lunig will be visiting and passing out goodies! Call the COA at (978) 371-2895 ASAP, but definitely not later than December 9 at noon. For a ride, please call the Van Line at (978) 371-6690 at least two days in advance.

Suggested donation: \$3.



It is better to light a candle than to curse the darkness. ~Chinese Proverb

Caroling and Cookies – December 16 from 4 - 5pm

Join the Fourth Grade Girl Scouts for some caroling and cookies at the Sleeper Room at Village Court at 145 Church Street at 4 pm. This free event does not require registration. Come and enjoy the lovely sounds of these wonderful young ladies and enjoy the cookies that they bring for you! Please remember to park on the street!



CARLISLE COA OFFICE HOURS

**Monday - Friday
9:00am - 3:00pm**

(978) 371-2895 Office

(978) 371-6690 Van line

COA Staff

Debi Siriani	Director
dsiriani@carlisle.mec.edu	(978)371-6693
Angela M. Smith	Outreach Coordinator
asmith@carlisle.mec.edu	(978)371-2895
Carol Killpartrick	Transportation Coord.
	(978)371-6690
Donna Perkins	Newsletter Format
Peter Cullinane	LICSW

COA Board Officers

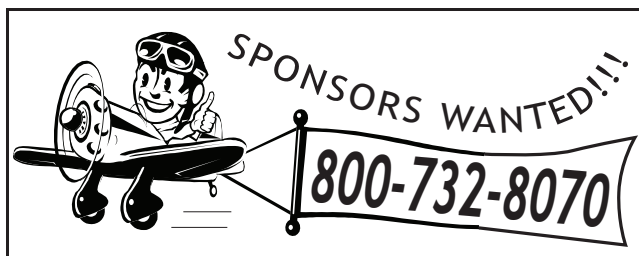
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DECEMBER 2010						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Robbins/Brook - Noon - Cong. Ch. Sing-a-long	2 Coffee - 9a BP - 9:15a Slpr Rm Fitness - 9:45a Cardio - 10:45a	3 Van Errands / Local Grocery Shopping- 9a Line Dance - 9:30a CCC - 11am	4
5	6 Inside Walk Grp 6:45a - M-F Yoga -9a or 10:15a Woburn Mall Trip- depart 10a from Congr. Church	7 Fitness - 9:45a Bridge Group - 10a	8 “Sister’s Christmas Catechism” play - depart 10:30a	9 Men’s Bkfst - 8a and BP - 8a Fitness - 9:45a Wreath Making-10:30a At FRS Cardio - 10:45a	10 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a	11
12	13 Inside Walk Grp 6:45a - M,Tu,Th,F Yoga -9a or 10:15a	14 Fitness - 9:45a Bridge Group - 10a Minuteman H.S. Lunch - 11:30a	15 No inside walking COA Chat - 12:30p	16 Fitness - 9:45a Cardio - 10:45a BP - 11-11:45a COA Lunch-11:45a Entertainmnt - 12:45p Carolng/cookies - 4p	17 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a CCC - 11am	18
19	20 Inside Walk Grp 6:45a - M-Th Yoga -9a or 10:15a	21 Fitness - 9:45a Bridge Group - 10a	22 Book Club - 11a	23 Fitness - 9:45a Cardio - 10:45a	24 Holiday Town Hall Closed	25
26	27 NO Inside Walk This week	28	29	30	31 Holiday Town Hall Closed	



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TRANSPORTATION INFORMATION

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events, both local and out of town. Riders make their request for services by calling the Van Line at least two business days before transportation if at all possible.

Van Line Reservations: (978) 371-6690; Weather Info/Cancellations: (978) 371-2895

Did you know?

that our services are not only for medical appointments? We can drive you to the registry, the supermarket, or other errands too!

Medical appointment transportation: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. We are unable to provide transportation for Emergency care- Please call 911.

Local grocery /Shopping trips: Each Friday- these trips are FREE, and NOT dependent on how many sign up. We will go to Market Basket in Westford or other Local Grocery stores upon request Friday mornings at 9am. Please call the van line in advance to make reservations.



- In-town rides or Friday grocery trips - no fee
- Rides within 15 miles - \$2.
- Van Trips over 15 miles away - \$5.
- Parking fees are the responsibility of the Rider.

Experiencing hardship? Please call or visit the COA office to discuss how we can help.

For "DAY TRIPS" in this section, please register by sending checks made out to the *Friends of the Carlisle COA* to:

**COA DAY TRIPS c/o Joanne Willens
145 Church St. Apt. B12
Carlisle, MA 01741**

NOTE: Please note that any COA programs, trips, or activities may have a change in time, place, pickup, or event venue due to weather or circumstances otherwise out of our control. If a COA Department day trip is cancelled by the COA, we will refund your check. If you have to cancel, there are no refunds but call the COA to see if there is a wait list for someone to purchase your ticket or place held. *Please note that clients are responsible for any parking fees incurred. Thank you for your understanding. ** Please call Joanne Willens at (978) 371-8023 to register for the trips below.

Woburn Mall Shopping Trip - Monday, Dec. 6 from 10am-3pm

Enjoy a day of holiday shopping with no parking worries. Shops include Appleseeds Outlet, Talbot's Outlet, T.J.Maxx 'n More, Home Goods, DSW, and plenty of places for lunch! Departs from Cong. Church at 10am. \$2.00 Van fee payable day of trip. Please call Joanne by November 30 to register at (978) 371-8023.

"Sister's Christmas Catechism" at the Stoneham Theatre - Wednesday, Dec. 8 at 2pm

\$25.00 a ticket \$2.00 Van charge payable in cash when you get on the van. Play starts at 2pm.

Leave from Congregational Church at 10:30am to get to Felecia's restaurant (lunch not included in cost) by 11:30am we should be back in Carlisle by about 5pm if traffic is not backed up. We MAY still have tickets available at this time. Call Joanne with questions (978) 371-8023 or email joannewillens@comcast.net

New! Restaurant Review Group-Lunch at "Fishbones" - Monday, Jan. 24 at 11:15am

We will leave the Congregational Church at 11:15am, and take a trip to Chelmsford for lunch. Check it out at <http://fishbonesofchelmsford.com/> To register, call Joanne Willens at (978) 371-8023. \$2.00 Van fee due day of trip. Note: Lunch prices *not* included. Are you interested in reviewing the restaurant for our newsletter and/or the Mosquito? Call Debi at (978) 371-6693.

FOR YOUR HEALTH!



FITNESS CLASS – Tuesday/Thursdays at 9:45am in the Clark Room at Town Hall with instructor Karrie Stang. Wear comfortable clothing, hand weights and bands available.

Fee: (Dec - Feb) \$40.00 p/p for one class per week and \$60.00 p/p for two classes a week. To sign up, please call the COA office at (978) 371-2895 and make check payable to the Friends of COA. * *No classes on Dec. 28 and 30.*



CARDIO-BOOST CLASS - Thursdays at 10:45am at the Congregational Church on School Street, Carlisle. Taught by Karrie Stang this class will give you an upbeat “heart healthy,” aerobic-type workout for seniors at a faster pace than the Fitness Class. Wear comfortable clothes and shoes and hand weights available. **Fee:** (Dec - Feb) \$40.00. To sign up, please call the COA office at (978) 371-2895 and make check payable to the Friends of the COA. Get that heart pumping! * *No class on Dec. 30.*



LINE DANCING - Fridays at 9:30am with instructor Katrina Rotondi. This is a great way for all ages of seniors, men and women, to have fun but also get exercise to upbeat music. These classes are held at the FRS Union Hall on School Street. Wear comfortable clothing.

Fee: (Dec - Feb) \$40.00 make check payable to the Friends of COA. Join us!

* *No classes on Dec. 24 and 31.*



INSIDE WALKING GROUP – Monday thru Friday at 6:45am in the School Gym.

What a great way to start each day! Meet Joanne Willens at 6:45am (up till 7:30am) at the Carlisle School Gym for an informal walking group when school is in session. If you want to walk for a shorter time that is fine! Note: If there is no school, a delayed opening or if there is a recent storm, walkways may not yet be cleared/sanded and the Walking Group will NOT meet. * *No walking on Dec. 15, or 24 thru 31 (school vacation).*

YOGA: NEW DISCOUNTS for Carlisle Seniors!!

Through the wonderful generosity of the FRIENDS of the COA: Carlisle seniors can now enjoy yoga at the Town Hall each Monday at 9am or 10:15am for \$5 a class!!!

Nov. 1-Dec. 20 **Fee:** \$30 for 6 weeks. Call the Rec. Dept. to register at (978) 369-9815.



YOGA: Fridays at 9:30am at the Harvey Wheeler Center at 1276 Main Street, W. Concord (978) 318-3020. **Fee:** \$5 per class. If you were not in the previous class please call before you go.

FREE BLOOD PRESSURE CLINICS – Thursday, Dec. 2 at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.* Thursday, Dec. 9 from 8-9am in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* Thursday, Dec. 16 from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



PODIATRY CLINIC: Tuesday, Jan. 4 in the Sleeper Room at Village Court. This clinic is partially funded by the Friends of COA. Let Dr. Gregorian take care of you! By appointment only. Please call (978)371-2895 ASAP since appointments are limited. Cost: \$20 (discounted fee), checks made out to the Friends of COA or cash; payable the day of the clinic.



Attention Medicare Beneficiaries!

STOP! READ: your Medicare, Part D and Health Insurance information for 2011. Most preventive benefits are free and there is a new benefit: an annual wellness exam at no charge to you. Insurance plan costs are changing. There are fewer drug plan choices and some plans are discontinued.

The time to change plans is during Open Enrollment, November 15- December 31. The time to review your insurance plan choices is **NOW!**

If you elect a Medicare Advantage plan for 2011 and are unhappy with it, you will be able to disenroll from the plan from January 1st – February 14th and return to Original Medicare.

Do you have questions or need help comparing the plans?

Please call the Council on Aging to make a free appointment with a SHINE counselor or 1-800-AGE-INFO (1-800-243-4636 and press or say "3").

Grief and Change - Fridays: 2 – 3:30pm at The Inn at Robbins Brook

Support group for adults grieving the death of a loved one. Everyone grieves differently, but no one needs to carry grief alone. This support group is facilitated by a licensed social worker and hospice chaplain. You will be offered supportive resources that others have found helpful and comforting. (12/3, 12/17, 1/7, 1/21, 2/4, 2/18, & 3/4/11), 10 Devon Drive, Acton, MA 01720 An education component is interwoven into the discussions. Contact Maura Capriccio (978) 264-4666 mcapriccio@theinnatrobbsbrook.com to register, or Jim Palmer, LICSW : (781) 472-8553 james_L_palmer@uhc.com



Ballroom Dancing: Jan. 4, 11, 18, 25, Feb, 1, 8 15, 22 with March 1 and 8 as a snow dates, 2-3pm at St. Irene Hall. Barry Kasven once again joins the Carlisle COA for another fun session of Ball Room Dance classes. We will begin with a review of basic rumba, waltz, foxtrot, cha cha and American tango. Barry will emphasize technique in leading for gentlemen and technique in following for ladies. Whether you have attended past sessions or not, all seniors (singles or couples) 60+ years of age are welcome. Wear soft or leather-soled shoes. Please call the COA at (978) 371-2895 to register. **FREE!**
** NOTE: If there is no school due to a storm, there will be no class that day.

"Carlisle's Cover to Cover" read for January 2011 is...

Zeitoun, by Dave Eggers, a riveting, disturbing and inspiring narrative non-fiction account of Hurricane Katrina. Pick up your copy at the library now and stay tuned for the schedule of programs and discussions, sponsored by the Friends of the Gleason Public Library. For more details on all library programs visit www.gleasonlibrary.org

Bridge Group: Meets most Tuesday mornings from 10am-12pm at the Sleeper Room. Dates: Dec. 7, 14, and 21. All are welcome! If you have any questions contact Dot Milne at (978) 369-1834.

KISS: Knitting in Service Society - Like to Knit? Come work on hats and scarves for the homeless with us (or work at home). If you have any finished scarves or hats please contact FRS at (978) 369-5180 or the COA at (978) 371-2895 for early December pick up. The next meeting is January 20 at 7:30pm. Call the FRS or COA for more info and location.

Book Club: Next meeting, Wednesday, December 22 at 11am at Betty Lang's house, 704 East Street. Pot Luck lunch. Please contact Betty Lang (978)369-3382 if you intend to go. Book: "Ice Cold" by Tess Gerritsen. For more info, call Mary Zoll (978) 369-5236 or Seba Gaines (978) 369-4618.

FOOD COURT

Robbins Brook /Minuteman Senior Services Luncheon

Wednesday, December 1 from 12-1:30pm

Held at the Congregational Church, this month's delicious menu will include that wonderful comfort food: Meatloaf, *with Salad, Sides, and Dessert!* **Suggested Donation \$3.** Please call Angela at (978) 371-2895 by Monday, November 29th to register.

AND... "You Pick Your Favorites" Sing-a-long

Pastor Steve Weibley will be playing during the meal and then we'll join in with songs that you request ahead of time, from 1910 through 1950. Choose songs you think others might know. Miss singing the words of that favorite song? Here's the time to remember and share with others who do too. Bring a friend who hasn't come! Call the office with your requests by Thursday November 25th.

**** "heads up" - Next Robbins Brook/ MSS Lunch** for January 5 at FRS noon – lasagna with meat sauce.



Monthly Coffee - Thursday, December 2 at 9am

The Dunkers and Elgins will be hosting the December coffee in the Sleeper Room at Village Court. Thank you so much! Mingle with your neighbors at this relaxed, sociable and **FREE** coffee hour. Want to host a month? Give us a call at (978) 371-2895.

Men's Breakfast - Thursday, December 9 at 8am

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested Donation: \$3**



Minuteman Regional Tech High School Lunch - Tuesday, December 14 at 11:30am

Choices Baked Stuffed Shrimp: Four jumbo shrimp, butterflied and filled with a crab and crumb stuffing or Broiled New York Sirloin: An 8 oz. steak, broiled to perfection. Luncheon includes choice of appetizer or salad, rolls and butter, 2 entrees, dessert, and coffee/tea/milk. To register by Thursday, December 9th at noon, call (978) 371-2895 **Fee: \$10.00 plus tip.**

Community Holiday Dinner - Saturday, December 25 at 4pm - coordinated pot luck at Union Hall, First Religious Society, 27 School Street, Carlisle. **Free**, but you do have to register at (978) 369-5180 by Wednesday, December 22. They need to know the number of people coming (the number of vegetarians and the number of meat-eaters), what you will bring, how you will help (set up, clean up), and your contact information.

******* January BINGO Donations Needed *******

If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895! We hope to hear from you! Feel free to drop items off at the COA Office that would make good prizes for gift baskets such as: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/ pineapple, wine, nuts, festive napkins/plates, candles, jam, etc.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Carlisle Community Conversations - First and Third Fridays at 11am

Drop in to the Hollis Room of the Gleason Public Library and meet your neighbors, make new friends, discuss a given topic or something else that interests you. If you have a topic you would be willing to share with this informal group, please call Angela Smith at the COA (978) 371-2895.

December 3 at 11am- Roy Green – How to Get Back into Bridge Roy Green, Diamond Life Master with 7500 master points and winner of numerous regional and sectional events will be available to discuss bridge. Roy will answer questions, talk about the basics of the game of bridge, and discuss how to learn how to play, where to find folks who play, and how to get go back into bridge after years away from the game. There is no better way to keep the mind active than the game of bridge.

December 17 at 11 am –Bea Shneider- Carlisle Community Chorus

Bea and one of our talented Resource Librarian's will start off the program with a short and unique video of a famous chorus in a very unusual setting. Feel free to join in on a few "rounds". Talk with Bea about her experience in the Carlisle Community Chorus or share your experiences with this small and informal group. Questions welcome.



Fuel Assistance: Are you having trouble paying your fuel bills? You may be eligible for assistance from one of several programs. For more information, call the COA at (978) 371-2895 for a confidential consult.

JOANNE'S TRAVELERS

- **Hawaiian Adventure – Jan 13-22, 2011**
- **Rome & Amalfi Coast – Mar 10 -19, 2011**
- **Journey to South Pacific - Apr 9 - May 1, 2011**
- **Eastern Europe and the Black Sea - Sept. 2011**

Joanne's Trips – If you are interested, please contact Joanne for more information including deadlines to ensure that Joanne has enough time to confirm trips for all who are interested. Brochures available in the COA office. Call Joanne at (978) 371-8023 or email joannewillens@comcast.net. Mail checks to Joanne's Travelers at 145 Church St., Apt. B-12, Carlisle, MA 01741

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs
and formatted by a grant from the Concord-Carlisle Community Chest.

The Friends of the Carlisle Council on Aging are working very hard to offer our community the best opportunity to give strong financial support to our senior population through the **ANNUAL FUNDRAISING DRIVE**. Look for our flyer which tells you all about the services, education and events provided for Carlisle's Seniors using the money you so generously give.

These are difficult times so let's make this the best year ever for our annual giving.

Donations, small and large are so very much appreciated!

Checks made out to Friends of Carlisle COA can be sent to

P.O. Box 38, Carlisle, MA 01741



Annual Wreath Making

Thursday, December 9 from 10:30am-12:30pm

The Carlisle Garden Club, Council on Aging and Friends of the COA will host a holiday wreath making seminar at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. To reserve your wreath, please call the COA at (978) 371-2895 NO LATER THAN DECEMBER 1. This event is for Carlisle residents only please.

COA CHAT: Wednesday, December 15 at 12:30pm

Join Director Debi Siriani for cocoa and cookies at the Sleeper Room at Village Court for this informal "chat" time. This Month's BIG Question: *What do you want the Carlisle COA to do in the coming year?*

Email Updates: Want to receive emails with updates and information, please send an email to asmith@carlisle.mec.edu to get on our email mailing list.